



Saint Rose of Lima

Roman Catholic Church

March / April 2017

Everyone Has a Wound

My encounters with Mercy in the Blessed Sacrament - An Adoration Testimony

Everyone has a wound, the wound of original sin. Sometimes wounds occur from the sins of others. There is the aftermath of sin: the shame, guilt, hardness of heart, and lack of love which produces a wound, a deep wound that may go unnoticed over time. These wounds do heal with proper treatment: Balm of Mercy. This is where I'd like to share my personal testimony with Mercy.

I've always had anxiety. I can remember it prior to kindergarten. I've attributed it to genetics for it seems to run in the family trees of both parents. I'd have severe panic attacks which would cause me tremendous grief. During my elementary school years, I encountered a sexually distorted act that only exacerbated my anxiety. I turned to food to cope which would later lead to binge eating. I started to close myself off to everyone and everything. I focused on myself which wasn't a good thing for I only saw my wounds. I was literally under the cross but instead of raising my head up to Christ and getting back up, I continued to keep my head down in the dirt, seeing only misery.

I stayed this way for many years. I really didn't trust people and therefore didn't accept anything from anybody whether it was a kind word or gesture. During this time I did seek professional treatment but since I didn't trust people, I couldn't open up and therefore I couldn't receive or accept the help. The worst part is that I didn't love myself. With what I experienced years prior and what I viewed love to be, I didn't want anything to do with it. This thought process and the ever increasing anxiety eventually lead to depression. The depression became so severe that I wanted to end my life and I attempted it. Thanks be to God that I didn't succeed.

After many prayers from my mom and others like her who relied on the intercession of our Blessed Mother, God placed a woman in my path. Mary (her actual name was Mary J) recommended a trip to the tabernacle to visit Jesus. I did just that and started my walk with Him. With the help of His grace, I was able to finally open up and went to receive the sacrament of Reconciliation. This was my first encounter with Mercy when I truly felt His Presence. Over time, I continued my visits to the tabernacle.

After high school and some college courses, I worked at a Catholic hospital that had a chapel on site. I would visit Him before I started work and sometimes during lunch break. I found so much comfort during my visits. We became good friends and I slowly began to love and trust. During this time, the church that I attended had decided to remove the tabernacle from the main sanctuary to the chapel. The chapel was

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Suddenly, amidst all the discouraging thoughts, His Words entered in:

My Love is enough for everyone.

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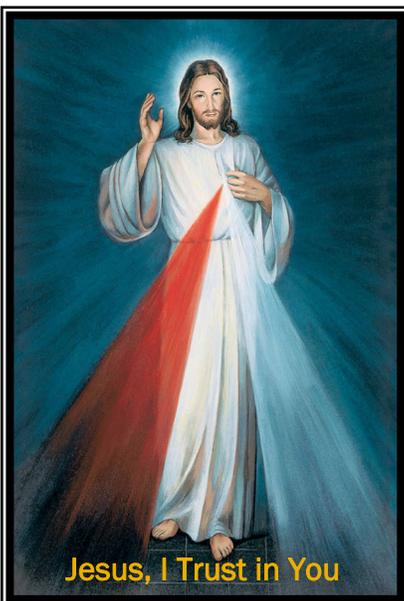


located to the left of the altar. This move was intended to be a special place just for Him where people could go, pray and visit. Sitting in the main sanctuary where mass was held, you couldn't see the tabernacle and therefore you couldn't see Him. So I made sure that I went before mass to say "hello" and after mass to say "thanks".

I eventually got married, moved to Tennessee and became a member here at Saint Rose. I saw the Adoration article in the newsletter and wanted to spend a designated hour with Him each week. I truly enjoyed my time spent with Him the previous years. For one particular Holy Hour, I came for my visit. I had had a challenging day and I was ready to talk with Him about it. I was thinking of myself, truly being selfish. I didn't mean to be like this but I soon would realize I had much deeper wounds that still needed treatment.

I was there alone, ready to converse with Him when two people entered the chapel. I soon became discouraged for I thought He wouldn't have time to hear me; He would be busy with them. Suddenly, amidst all the discouraging thoughts, His Words entered in: **My Love is enough for everyone.** His Words were so calm and gentle to my ever anxious mind that I immediately started to cry.

Over the next couple of days I grappled with His Words and thought He was chastising me; however, I soon realized He was reaching out to me with His Mercy, a Merciful balm to help heal the deep wounds I still had. From past experiences, I still looked to myself and still remained closed off to others out of fear. I hadn't understood His Love; it wasn't a love that I had truly experienced, a love that doesn't run out and isn't selfish. His Love is truly self-giving. In 1 John 4:18, Jesus states: **There is no fear in love, but perfect love casts out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.** I hadn't fully accepted His Love up to that point.



His Love is enough for everyone and is always being poured out as the Divine Mercy image portrays. Love requires action; it requires acceptance. That requires action from us. To the infant child Jesus with His outstretched arms held in the arms of Saint Joseph, to the Prodigal Son with the father's arms out ready to receive his returning son, to the cross again with His arms wide open, He is always ready to give love, waiting for us to accept it and return love to Him. It is a love we are all called to accept, to share with one another and return love back to Him.

This acceptance of His Love, His Divine Mercy has produced a fire in my heart to share this love with others and a desire to console Him, for it truly does wound His heart when we don't accept or trust Him. I often think about Him back at the church I attended as a young girl/woman. The tabernacle is still in the chapel off to the side of the main sanctuary. This truly breaks my heart for I know what happens when things aren't at the center of our lives. I enjoy being able to see Him during the entire mass and to share a smile with Him. It is difficult at times to "be in the world but not of the world" and we truly need Him at the center. My desire is that each

one of you will come to know Him and love Him as I do. With this in mind, Saint Rose would like to extend the hours of Adoration each week to allow parishioners the opportunity to have that personal encounter with Him. See more information on the following page.

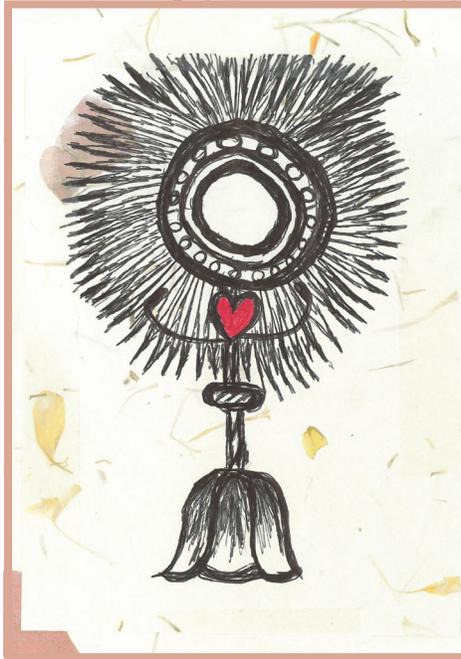
In closing, a favorite song of mine which makes reference to Jeremiah 8:22 has this refrain: *There is a balm in Gilead to make the wounded whole; there is a balm in Gilead to heal the sin-sick soul.* I pray you will all come to know and accept His Healing Balm, the Balm of Divine Mercy.



Adoration of the Blessed Sacrament

-Simply defined as coming to love Him, accepting His Love and thanking Him for His Love

There are many ways to adore our Lord both during mass and outside of mass. During mass, we genuflect upon entering and leaving the church. We also kneel at the appropriate times and worthily receive Him in Holy Communion. Outside of mass, we are able to come and visit Him in the tabernacle. We adore Him simply by sending a loving thought His way. We also adore Him in how we treat one another. When we speak of Adoration ministry, Jesus, who is veiled in the tabernacle, becomes unveiled in the monstrance. In the monstrance, we see Him face to face in all His Glory and Splendor as if we were present on the mountain at the Transfiguration.



Words of Exposition, Benediction, and Reposition are the periods which precede and conclude our time in Adoration. Exposition is when the priest or deacon removes the sacred host from the tabernacle and places Him in the monstrance on the altar. Usually, *O Saving Victim* or another suitable song is sung. Benediction is when a priest or deacon blesses the congregation. Eucharistic hymns, most often *O Salutaris Hostia* and *Tantum Ergo*, are traditionally sung. Reposition is when the priest or deacon replaces the Sacrament in the tabernacle and those assembled may sing or say the *Divine Praises* acclamation.

Here are just a few ways to spend time adoring the Blessed Sacrament: reading Sacred Scripture, praying the Rosary and Chaplet of Divine Mercy, reading books on the lives of saints or just simply speaking from the heart and listening to Him. In *Dominicae Cenaе, Chapter I, Section 2*, St. John Paul II wrote on Eucharistic worship: "...Jesus waits for us in the sacrament of love...may our adoration never cease." In the chapel, we view the St. Joseph statue holding the infant Jesus with his

outstretched arms to the crucifix again seeing His arms wide open. These are telling of what He desires for each one of us: to give Love and receive our love.

In effort to console His Sacred Heart and His Mother's, our Mother's Immaculate Heart, we would like to extend the days and hours of Adoration to Monday and Tuesday. Currently, we have 48 Hour Adoration each week from Wednesday to Friday morning. There is a Children's Holy Hour every Thursday from 3-4 pm.

We are looking for permanent and substitute adorers to fill the hours on Monday and Tuesday. Chip

Stepanek and Jaime Maravia will be leading a Holy Hour with music every Tuesday from 6-7 pm. We will also have other Holy Hours devoted to praying for certain supplications such as the sanctity of priests, those currently in formation and religious life. See upcoming bulletin announcements and the website for more information. **Please visit www.saintrose.org and click on Adoration to sign up.** You may also fill out a sign-up sheet in the chapel.



We are looking for permanent and substitute adorers to fill the extended hours on Monday and Tuesday.



Haiti and Changed Perspectives

Early morning Mass before getting ready to leave on our journey back home. After the Mass, we all say the rosary, and we are off to breakfast. Good byes follow, and we all laugh and speak of how we will cherish; the party the night before, the clinic in the previous days, smiles from the children and the sweet friendships we have made. Photos were taken, hugs given, gifts were exchanged and then we were off. As we pulled out, the harsh realization set in. While we arrived, and tried to understand our new friends culture, live among them, gave our two cents on how to help improve their life and health, "we" would now leave and go back to our land of wealth, and they would stay behind. They would continue to wake up, and take on the daily struggle of walking everywhere, (if fortunate, with shoes), washing clothes in a stream or creek, pondering the fact that they may not have food, and if they did have food, who would eat, if not enough. They would have their children walk for miles carrying water that may, or may not be clean, endure pain as it is the only reality they know and watch their children die due to diseases such as Malaria, Cholera or malnutrition. These are the thoughts my mind reckons with as we drive from the village of Robillard, leaving one reality and entering into another, as if walking through a portal.

I often pray to God and ask him to please help me understand what it is that he wants from me and, truth be told, he could often take it as a complaint. Always going on to him about how difficult it is to live in this world and truly love, the way that Jesus showed us to love. So much temptation to complain of the things that we do not have, instead of falling down on our knees and thanking him for our blessings. So much greed and hate ridiculing our neighbors, friends and family and causing them pain with gossip and judgment rather than building them up and encouraging them to do better.

As the great C.S Lewis once said:

The rule for all of us is perfectly simple. Do not waste time bothering whether you "love" your neighbor; act as if you did. As soon as we do this we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him. If you injure someone you dislike, you will find yourself disliking him more. If you do him a good turn, you will find yourself disliking him less.

Now, today, in this very moment, I see people with nothing more than a few articles of clothing, mud houses, and unclean water, and no idea if they will have food today. They are simply smiling, singing, and helping one another. I see someone buying food for another who is hungry when he has no food at home himself. Suddenly it occurs to me, God is showing me the quintessential meaning of love and happiness, in the most organic setting.

It is not by far the first time that I hear in my head: "those with the least on earth will have the most in heaven". 2 Corinthian's 5:10, Rom 14:10-11, 1 Cor 3:10-15 But it is the first time that perhaps, I think, I just may understand. So I'll just have to leave it all right there.

In closing, truly no words can be spoken to explain what the Haiti mission trip is about, but if you have ever thought about getting involved, I strongly encourage you to do so, and guarantee it will change your life and heart forever.

Most sincerely,
Elizabeth Maxwell



Photos and design by Laurie Gibbs



Are You Rich?

I saw a post on Facebook that stated, “There are 2 ways to be rich: one is to have all you want, the other is to be satisfied with what you have.” Often I think we seek out the 1st choice while not giving enough credit to the 2nd choice.

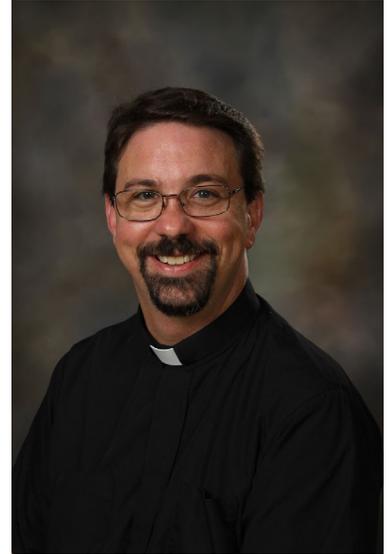
In the Scripture passage 1 Kings 3:5-13, God promises King Solomon anything he wants, all he has to do is ask. That is quite the ideal position to be in for the King, and with everything he could have asked for, he asks for wisdom. He did not say that to please God since God would have known what was in his heart anyway, rather he asked for it because he knew he could not live out the life he was called to without it.

What would you have asked for? Take a moment and think about what it is you would have wanted most if God came to you and presented the same deal.

Riches, fame, glory; all these may be nice, but they do not last, they fade away.

Maybe you would have asked for love, but what kind of love? The love of God is already given to us and it is only through that love that we are able to love others, to know what true love is. Love is a gift and we cannot demand it, true love is a free gift we can give and receive. So what is it you desire most?

Christ’s parable about the Pearl of Great Price (Matthew 13:45-46) is that desire. What we desire most is what we will give up everything else for, just as the person who sells all he has to buy a field in which he can hide this beloved treasure of the pearl. King Solomon knew only God would satisfy his longing, as did all the great men/women of faith. As St. Augustine states, “Our hearts are restless until they rest in God.” So what is our desire, how do we want to be rich?



God Bless –

Rev. Nicholas M. Allen

Again, the kingdom of heaven is like a merchant searching for fine pearls.

When he finds a pearl of great price, he goes and sells all that he has and buys it.

Matthew 13 : 45-46

Let Your Light Shine at Saint Rose Preschool

The moment you step foot in the door, you feel at home. The halls are decorated with creative artwork, beautiful photographs, and scriptural banners. You can hear the excitement of little feet pitter-patter to class as children eagerly seek to see their teachers and friends. The smiles are contagious and you feel welcomed.



The classrooms are where the magic happens. No magicians here, though. Only dedicated teachers who are committed to the learning, love and service of each child. Saint Rose Preschool exudes a Christ-centered environment complete with a developmentally appropriate curriculum.



Our youngest students enter Saint Rose at 2 years of age. Their day is filled with opportunities to engage in learning through play and to interact with each other in both small- and large-group settings. Building on this foundation, we next offer a program designed for children 3 years of age.

This program allows children to learn through interactive play centers, through which students develop motor, manipulative, and visual discrimination skills.

Our Pre-K classes offer the 4-year-olds a program designed to prepare children for kindergarten and for future success in school and in life. Our certified teachers offer explicit modeled instruction and provide learning opportunities, through play, to explore and internalize new ideas. We know that children learn best when they move, manipulate objects, build, sing, draw, and participate in dramatic play. Our main





curriculum is Get Set for School by Handwriting Without Tears®. This award-winning curriculum is a research-based approach that addresses different learning styles, uses hands-on multisensory materials, and employs developmentally appropriate lessons. Get Set for School focuses on three major learning areas: Readiness & Writing, Language & Literacy, and Numbers & Math. To complement and expand our program our Pre-K students also attend classes in Music, Library,



Computer, and Spanish! Through the Catechesis of the Good Shepherd program and Mass attendance, children further develop their spiritual relationship with God.

It is a joy to see God's most precious gifts come to know and love HIM. We truly are preparing children for the future. We are all one family, united in Christ. Welcome to Saint Rose Preschool; welcome home.



Your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

Matthew 5:16



Saint Rose School Mission Statement

Saint Rose Catholic School unites with the family to provide a quality Catholic education in a Christ-centered environment, promoting learning, love and service, which prepares students for the future.



Saint Rose of Lima Roman Catholic Church and School

1601 N Tennessee Blvd.
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615-893-1843
www.saintrose.org

Weekend Masses

Saturday, 5:30 pm Vigil

Sunday, 8:30 am, 11:00 am, 5:00 pm

Daily Mass (school in session)

Monday-Thursday, 7:00 am

Wednesday, 6:00 pm

Friday and Saturday, 8:15 am

Daily Mass (school not in session)

Monday-Saturday, 8:15 am

Wednesday, 6:00 pm

Spanish Mass

Tuesdays and Saturdays, 7:30 pm

Reconciliation

Wednesdays, 5:00-5:45 pm

Saturdays, 4:00-5:15 pm

Or by appointment

Office Hours

Monday-Friday 8:30 am-4:30 pm

Closed 12:00 pm-1:00 pm for lunch

Exceptions noted in the bulletin

Holy Week Schedule

Holy Thursday Liturgy

April 13 at 7:00 pm

Good Friday Liturgy

April 14 at 7:00 pm

Easter Vigil

Saturday, April 15 at 8:00 pm

Easter Sunday

April 16 at 6:30 am, 8:30 am, 11:00 am

NO Sunday evening Mass